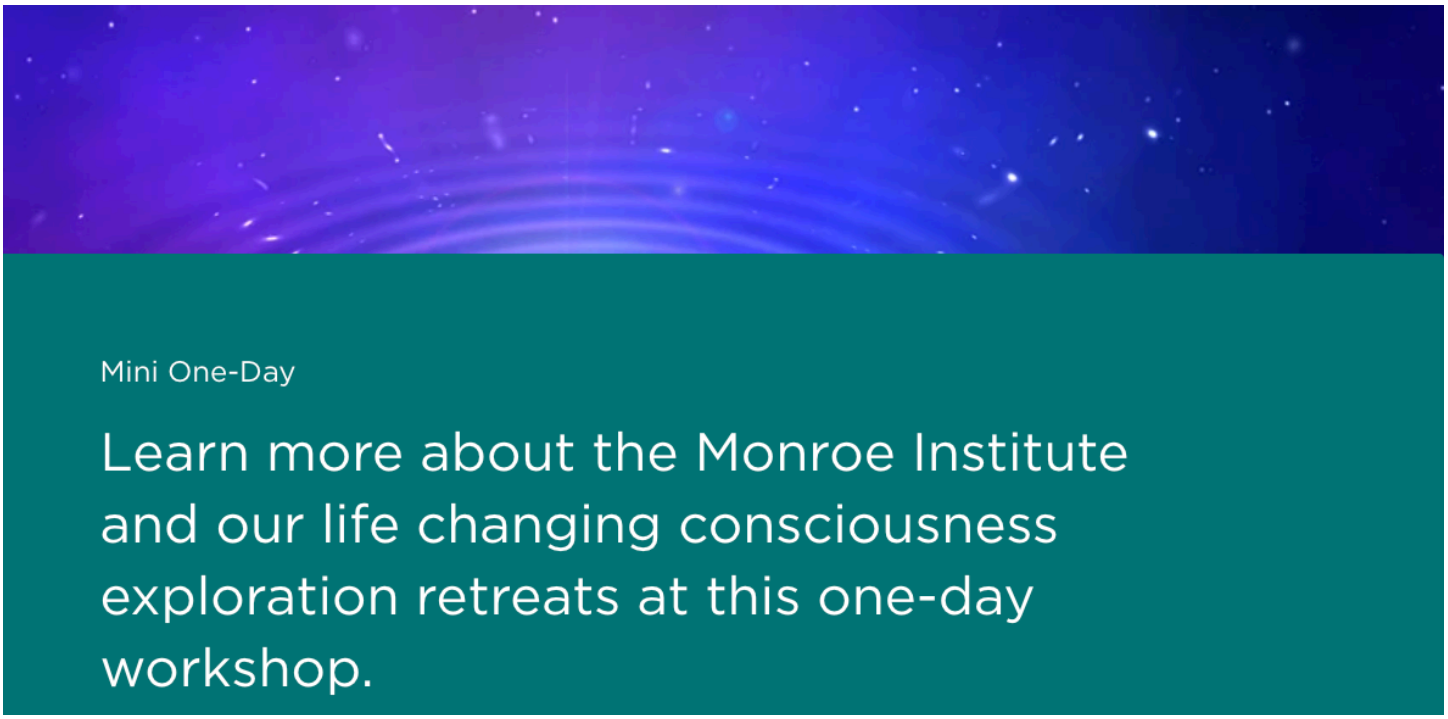
Mini One-Day

Regional

2020 Website Program Description


Mini One-Day
Learn more about the Monroe Institute and our life changing consciousness exploration retreats at this one-day workshop.

Regional Program
$25.00

Have you ever heard that saying, "the journey of a thousand miles begins with a single step"?

Sometimes just taking the first step of picking up the phone or sending an email is the hardest step because we're not sure what to expect.

Come to a One-Day Mini program to learn more about the Monroe Institute and the programs we offer. These introductory programs include meditation exercises throughout the day in our specially designed CHEC units, a complimentary lunch, and a tour.

All One-Day Mini programs are from 10 am to 4 pm.

- Arrival between 9:30 am and 10 am
- Introduction of the technology and exercises
- First meditation exercise
- Complimentary lunch
- Second meditation exercise
- Regroup to discuss your experience
- Depart or visit the bookstore

When you sign up, we will send you instructions on how to get here.

No program application is required to attend.
You will receive a $25 voucher* (no cash value) good for any purchase at our bookstore.
**Valid the day of the program only.*